

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008

Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM

Closed Wednesday, January 1st for New Years and Monday, January 20th for Martin Luther King Jr. Day

Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

The distribution of this newsletter is made possible (in whole or part)

By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.

Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Inclement Weather

Please note, if the schools are closed or delayed due to bad weather, we will also be closed or delayed.

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$35,510 \$46,437 \$57,363 \$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form

Meat Bingo Game

Wednesday, January 15th at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, January 10th**, win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

FREE Computer Classes

Are you new to computers and want to become familiar with them in a laid-back and fun environment? Do your children and grandchildren want you to learn some basic computer skills? Deveney Reis Boyadjian, a retired Teacher of Business and Technology at Apponequet Regional High School and a part-time employee for the Town of Lakeville is once again offering a free basic computer skills class to senior residents of Freetown and Lakeville. Weekly classes will begin on Tuesday, February 4th and will be held at Apponequet from 3:00 PM until 4:00 PM. Apponequet has an elevator so access to the computer room on the second floor is not an issue if you use a cane or walker. **Seating is limited so sign up soon at your COA office.**



Tea Time!

Enjoy a tantalizing variety of teas, sweets and savory tidbits. Bring warm lively conversation to your creatively embellished table. Thursday, January 23rd at 11:00 AM, Please RSVP by Thursday, January 16th

TOWN OF FREETOWN NOTICE OF VACANCY

Notice is hereby given that the Board of Health is seeking applications for the position of Assistant Transfer Station Attendant. The position is 20 hours per week, Friday through Sunday; hourly pay rate is \$16.20.

Additionally, the Board of Health is also seeking applications for a Per Diem position at the Transfer Station. Rate of pay will be \$16.20 per hour.

Applications and Job descriptions available at the Board of Selectmen's Office or on freetownma.gov. Please send cover letter and resume as well as application to: Board of Selectmen, Town of Freetown, 3 N Main St., P. O. Box 438, Assonet, MA 02702 or aligolz@freetownma.gov. This position will remain open until filled with review of applications on or after January 15, 2020.

Submitted by The Board of Selectmen

Department of Transitional Assistance Kiosk

Department of Transitional Assistance has a Kiosk here at the Freetown Council on Aging, which anyone can come and apply for Food Stamps (SNAP) or check on their account.



Department of
Transitional
Assistance

VETERAN'S AGENT

Bob Klevecka is our Veteran's Agent if you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer will be here Mondays, January 6th, 13th and 27th, at 10:00 AM, and Thursday, January 23rd at 10:00AM. **Please call the COA for an appointment.** You can also call their regional office at 508-222-1399.

Senator and Representatives

Representative Carole Fiola will be here Monday, February 3rd at 10:00 AM

Representative Paul Schmid will be here Monday, January 6th, and Wednesday, January 22nd, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, January 22nd, from 9:30 AM to 11:30 AM

POOL TABLE

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,

Bring your own supplies. Please call the Senior Center if you would like to attend.

Card Games-Pitch

Mondays, 1:00 to 3:00

BINGO

Tuesdays, 12:45 PM to 3:00 PM The license for Bingo requires that you be at least 60 years old to play.

Painting Class

Wednesdays, 9:00 AM to 11:30 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, January 9th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 617-291-3991 or Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, January 22nd, 10:30 AM
Lori Desmarais, Town Nurse, will be here

Scrabble

Thursdays, 12:30 PM.

The Freetown Senior Club

Meetings are the first Thursday of the month.
January 2nd is our next meeting

Drums Alive! Here Come the Drums

Tuesdays and Thursdays, 9:00 AM to 9:45 AM

No Drums Alive January 2nd

Don't miss this special class! Blue Cross Blue Shield of Massachusetts is offering FREE classes in partnership with SilverSneakers, (an independent company that offers group classes). Drums Alive combines movement with powerful beat and rhythms of drumming for an amazing brain and body workout. Drums Alive is designed to improve physical and mental fitness and above all, be fun!

STRENGTH & STRETCH

Fridays, 9:30 AM to 10:30 AM

\$5.00 Donation requested

One hour of full warm-up, cardio, strengthen all muscles, balance exercises. End with full body stretch routine with Ellie Higgins, fitness instructor.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Please call to check for availability.

If you're interested, please let us know

By 9:00 AM Friday

Podiatrist

The Foot Doctor will be here **Thursday, January 9th at 9:30 AM.** You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

Brown Bag" Program

Wednesday, January 22nd

From 10:30 AM to 12:00 PM

At the front of the building

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person \$1,872 per month

2 people \$2,538 per month

3 people \$3,204 per month

4 people \$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.



VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48-hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Coffee & Muffins

Mondays at 10:00 AM to 10:30 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious, freshly made muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!



USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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Director's Note

We would like to thank the Senator and State Representatives for the Christmas Luncheon and the VFW for hosting at the Freetown VFW. Also, a special thanks to Charlie Gray for the beautiful handmade wooden planter and Lisa Lebreux from Catholic Memorial Home, for the delicious basket of treats that were donated for our raffle prizes!

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

